

# Rhos-y-gwaliau (RYG)

## Parents' Meeting 2024



Rhos y Gwaliau Outdoor Education Centre is situated in stunning open countryside on the eastern side of the Snowdonia National Park.



# Dates



- Leave **Sunday 15<sup>th</sup> December**
- Back on **Thursday 19<sup>th</sup> December**
- **4 nights** away.

# Why go to RYG?



- Build self-esteem and confidence;
- Improve communication and listening skills;
- Develop problem solving skills;
- Personal and social development (e.g. taking responsibility and working with others);
- Responsibility for the environment;
- Responsibility for own health and safety;
- Trying new activities and learning new skills.

# Gorge walking



# Canoeing



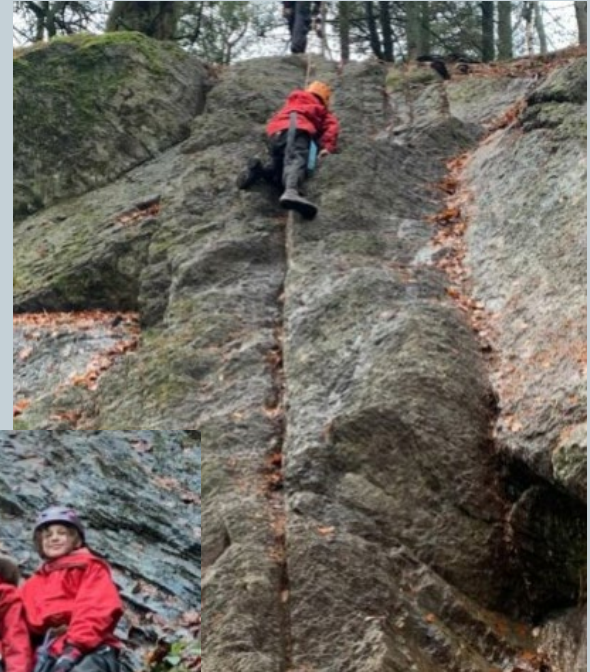
# Mine exploration



# Mountain climbing



# Low ropes/zip wire course





# And...



- Hill trail (in the dark!);
- Problem solving and team challenges;
- Team building games;
- Swimming (at a local pool);
- Disco.

# Accommodation



- Children stay in dormitories;
- Staff bedrooms located next to the dormitories;
- We are the only group on site;
- Building secured by teaching staff at night;
- Children's common room.

# Food



- Breakfast (juice, cereal, toast, and tea);
- Packed lunch and drink taken to activities;
- Three-course evening meal;
- Hot drink and snack before bed;
- Fruit available throughout the day;
- Vegetarian and special diets catered for – **please tell us in advance;**
- Children should not bring any additional food or snacks (just a packed lunch for the coach trip on Sunday 15<sup>th</sup> December).



# Example Dinner Menu



Sunday	Monday	Tuesday	Wednesday	Thursday
Carrot & Coriander Soup	Leek & Potato Soup	Swede Soup	Butternut Squash Soup	Tomato Soup
Fish, Chips & Peas	Chicken Curry & Rice	Pasta & Meat Sauce	Beef & Vegetable Stew with Dumplings	Roast Chicken, Vegetables and Roast Potatoes
Peaches & Ice-cream	Apple & Peach Crumble	Yoghurt & Fruit	Fruit Salad & Ice-cream	Chocolate Sponge & Custard

*\* Vegetarian alternative available. \* Fresh fruit and cold water always available.*

# Health and Safety



- RYG is licensed by the **Adventure Activities Licensing Authority** and all instructors are highly qualified and experienced in the activities they lead;
- Children provided with appropriate safety equipment and training for all activities;
- All instructors are First Aid trained;
- Centre staff are on call during the night;
- Doctor on-call and local hospital nearby.

# How do we get there?



- We travel to RYG by coach;
- The journey takes approximately 5 hours including a lunch stop;
- Children need to provide their own packed lunch for journey to RYG;
- During the week, children travel by minibuses to and from activities.



# What to pack?



- All equipment needed for activities is supplied by the centre (including fleece, waterproofs, walking boots and rucksacks);
- Children will need a single duvet cover, pillow case, water bottle and unbreakable (i.e. does not contain glass) flask;
- A full kit list will be sent out nearer the time;
- There is a small gift shop – more details will be in the letter
- **No mobile phones** or electronics;
- No cameras (teachers will take photographs of activities).

# How much does it cost?



- The residential trip will cost around £433 - £450, which includes travel to and from the site, insurance, all meals and activities during the week
- A suggested payment plan will be sent out when we know the amount of interest for the trip.
- Deposit will be £50 (non-refundable) – a letter will be sent explaining more.



# Questions?



- Visit [www.rygoutdoor.co.uk](http://www.rygoutdoor.co.uk) to learn more about RYG.